

# Evening Standard

THE ESCAPIST

## Europe's best wellness breaks — from sleep school to cold water therapy

Whether your sleeping pattern needs an overhaul or you want to get back into exercising, these retreats will help you recharge



By [Isabelle Aron](#) | 1 hour ago



Euphoria Retreat offers three-day, five or seven-day retreats / Euphoria Retreat

**The one for stressed-out city dwellers**

*Euphoria Retreat, Greece*

A few hours from Athens, Euphoria Retreat is already an incredibly relaxing spot thanks to its position in a delicious-smelling pine forest on the Peloponnese peninsula. But if you're really frazzled you should book onto its relax and de-stress retreat. Available as a three-day, five or seven-day retreat, the programme aims to help you relax your body and mind through a combination of techniques including meditation, reflexology, hammam rituals and more. One of the spa's USPs is its 3GL test, a pin-prick blood test that measures how well your body is metabolising food. The results are used to create a customised food plan of regionally-inspired dishes for your stay. You will be feeling zen in no time.

*From €866 for three days, [euphoriaretreat.com](http://euphoriaretreat.com)*